

Welcome to Ulex



Eroles



In this document you
will find info on:

How to get to the Eroles centre

How we live there

Health Insurance

What to bring with you

Reclaiming Attention

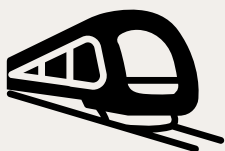
Daily Schedule

Communications

Useful contacts



Travel arrangements



Most people who visit **Ulex** travel by land, passing through **Barcelona**. We all know that avoiding short-haul flights can considerably reduce the environmental impact of a journey. It can also provide a richer experience, allowing valuable time for reflection and adjustment.

As a project supporting pan-European solidarity we obviously want to encourage solidarity with the ecosystem that all of our lives depend on. We fully understand that for some people their circumstances mean they need to fly. **Please make the best choice for you.**



USEFUL WEBSITES FOR BOOKING TRAVEL OVER LAND:

trains: loco2.com; interrail.eu/en
buses: flixbus.com



MORE OPTIONS?

Check [how to get here](#) on our website.



BARCELONA - TREMP

Take an **ALSA bus** (direction **La Pobla de Segur**) from Barcelona **Estació del Nord** at 2:30 pm to arrive to **Tremp** on time the day the course starts.

TICKETS FROM BARCELONA NORTH

You can buy tickets from the machines at the station or online. There's a way to get a much cheaper ticket with other participants on the station. We will post details of this in our online platform **Mobilize** nearer the time. We recommend you wait to book this part of the journey till then.



ARRIVAL: FIRST DAY OF THE COURSE

Tremp Bus station between 6 and 6:30 pm first day of the course. From there we bring the whole group up to the **Ulex centre in Eroles**.

DEPARTURE: LAST DAY OF THE COURSE

We will drop you off in Tremp at 9 am for the bus on the day the course ends, which gets into the Barcelona by around 1:30 pm (**you can get off at Palau Reial metro or go up to Estacion del Nord**).

Please plan to arrive and leave on the event dates that are specified. **Our centre is in a very remote place** and there is no public transportation to get there. If you arrive outside of the arranged times (unless previously agreed with us), you might need to cover **additional travel costs** yourself (get a taxi).

TRAVEL TIP - IF YOU'RE COMING WITH AN ERASMUS+ FUNDED PLACE

Planning your trip can feel overwhelming at first. We encourage you to check out Interrail tickets, as they offer a flexible and sustainable way to travel across Europe. Erasmus+ travel support is there to make your journey easier. You are not judged on how you spend the funds, but you must keep all travel receipts and tickets for documentation. It is generally fine to spend a couple of nights in Barcelona before or after the course. However, please remember that this is a learning journey, not a holiday.



How we live in the Eroles centre

A bit about the Eroles centre

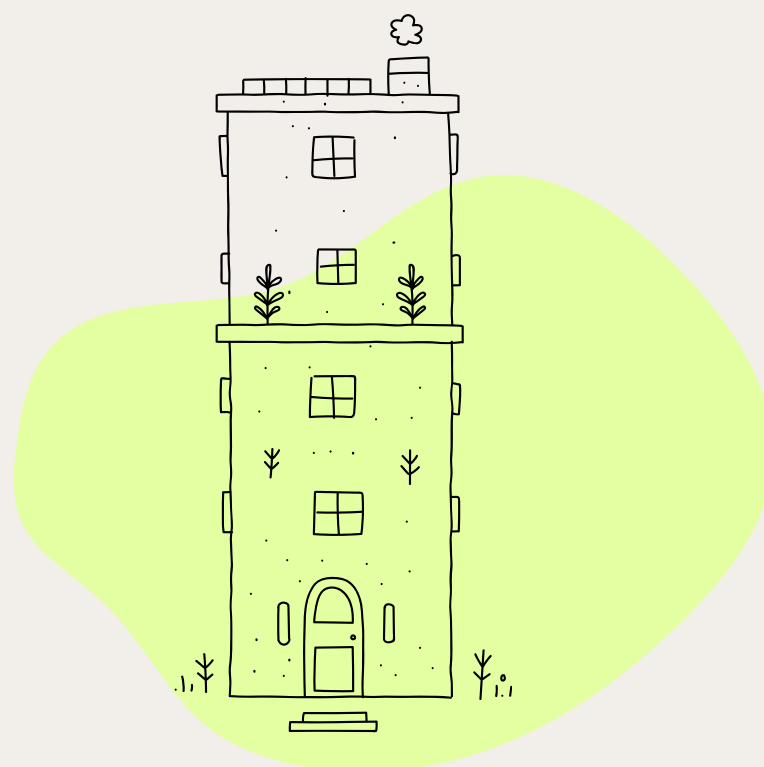
The Eroles centre is in a recently renovated old farm house at the heart of a mountain village. Regretfully, the site is currently not fully accessible and has stairs and stairwells. If you have needs around mobility, please let us know so we can work out how we might best support you. There is a fully equipped kitchen/ living room space, a large workshop space and a large courtyard and porch.

The accommodation at the centre is in shared mixed-gender dormitories, with between 2 and 4 people per room. If you have any needs around this, or want a gender-specific space, please let us know so we can see what we can do to best support you.

The **Ulex Project** is inclusive of trans and gender nonconforming people and participants are trusted to select the accommodation option that they feel is most appropriate for them. We do not expect that people must look a certain way to stay in a dorm they feel is appropriate. Bedding is provided but please bring your own towel and toiletries. You may also want to bring slippers/ house shoes for inside (especially in the winter) and a head-torch for the night.

Please note that the centre is 20 minutes drive from the nearest shop/ bar, etc- so bring any essentials you will need with you. It's also worthwhile bringing some kind of insect repellent and suncream for warmer months (May until October) and warm clothes/waterproof for cooler months.

**You can check the weather
forecast for Tremp here**



Toilets, Washing and Water

There are two bathrooms inside the house each with a shower, sink and toilet. The showers are heated by the solar hot water system. There is a back-up hot water system. There are composting toilets outside, which should be used as a priority. Composting reduces pressure on the common village water supply. There is a washing machine for centre use but it is not possible to wash clothes for personal use except in emergencies. If possible, please pack what you need for the duration of the course. If you want to do hand washing, this is OK and there are facilities to do so.

The centre is in an area that experiences a lot of water scarcity. Depending on the rainfall prior to the course, we might need to ask you to be extremely careful with water usage to ensure it doesn't run out (we do have reserves and a back-up plan though!).

Drugs and Alcohol

The course space is alcohol/ recreational drug free. This is a policy we have across all **Ulex courses** to support those who may have a difficult relationship with these substances and to enhance the learning of everyone. If this is going to be challenging for you please let us know in advance. If you want to smoke tobacco, we ask that you go outside to a designated smoking area in the courtyard.

Dietary information

All of the food we provide at the Ulex centre is vegan. Please let us know in advance if you have any food allergies/ dietary needs, in the online form which we have sent you or will be sending you. Please bear in mind that cooking for a big group of people can get quite complex, so we ask you to only share with us dietary needs rather than preferences.

If tea and coffee quality is essential to you, please bring your own. It can be quite a nice thing anyway to bring your favourite hot drink to share with the rest of participants! Similarly, the snacks provided in between meals are mainly bread, nuts and fruit; so if you need your crisps and sweets and chocolate and ... then also bring it with you, as you won't have access to shops during the course.



Health Insurance

You will need an European Health Insurance Card (blue card) or private health insurance to get health cover in Spain. You'll need this in case of an emergency doctor visit in Spain. It's free to get an EHIC card, but may take time to obtain. We strongly recommend you to get this before travelling. **Apply here** for an EHIC. If you are a UK resident you will need the **GHIC card** instead. Otherwise, a private health insurance is strongly recommended for the period of your travel.



Things to bring with you

Essentials:

- Towel (no need for bedsheets, those will be provided),
- Range of layered clothing for all weathers. **Check the forecast** as seasons can vary. It can get cold in late autumn/ winter, and very hot in spring summer,
- Head torch (there's not many bed-lamps!),
- Ear plugs/eye mask if you sleep lightly,
- Sunscreen, hat and insect repellent for April to October,
- Any medicines that you might need as there is not a pharmacy nearby,
- **Health Insurance.**

Might be useful:

- Sturdy hiking shoes/boots for rocky terrain in case you want to go walking,
- Water bottle,
- Pyjamas/night clothes for sleeping in as you will be sharing dorms,
- Alarm clock and/or watch (not your mobile phone, so you can turn that completely off ☺),
- Slippers (some people find it more comfortable to be around the house),
- Any treats you cannot leave without as there aren't any shops in the village.





Reclaiming Attention

In our courses, we would like to create an environment where we can give each other, and our learning, our full attention.

We find it nourishing and radical to generate spaces of togetherness where we aren't distracted by constant external stimuli. To support each other reclaim our attention, we will be asking that no online activity, phone calls, or text messaging happens in the shared spaces in the centre, unless your course facilitators have asked you to bring your laptop as part of the course learning. If you are able to, we encourage that you do all your necessary e-mailing and internet work before you arrive, and that you negotiate "time-off" from other commitments.

We can also arrange to get important/ urgent messages through to you if this will support you to switch off your phone. The internet access at the centre is limited and not of great quality, but we can provide you with it if it's essential for your stay.

Please get in touch if you have any doubts, so we can make arrangements and accommodate your needs.
Thanks!



Daily Schedule

Our courses normally have the following schedule. Each facilitation team might make slight changes, but you can expect it will more or less look like this:

8:00 - 8:30 Optional awareness practice
8:30 Breakfast
10:00 - 10:30 Check-in & practicalities
10:30 - 12:00 Session 1
12:00 - 12:30 Break
12:30 - 14:00 Session 2
14:00 Lunch
16:00 - 16:30 Optional bodywork
16:30 - 18:00 Session 3
18:00 - 18:30 Break
18:30 - 20:00 Session 4
20:00 Dinner

Communications

In the online form you've been sent to fill, we ask you for consent to add you to our Mobilize platform.

We will use this online tool for sharing logistical info and schedule updates. Facilitators might also use it to share information or requests in advance of the course.

Daily Tasks

We ask that everyone taking part in the course is available to help out with a small number of designated tasks to assist with the smooth running of the course and contribute to the temporary community we will build together for the week. You will work together in base groups whose responsibilities will include tasks like clearing up after meal times, sweeping the floor, preparing the training space for workshop sessions, etc. This work will be split across the group and you won't have to do something every day. Tasks will be adapted to participants' abilities and access needs.

Useful contacts

Emergency: 112 this is a universal number for all the emergency services. They should be able to connect you to someone who speaks English.

The course organiser (who will be picking you up on the first day of the course): please check their mobile number through our online platform Mobilize close to the date of arrival.

Looking forward to seeing you soon



If you want to see more photos of the venue, please see this [webpage](#).
If you have questions about the venue's accessibility or any other questions regarding your stay, please contact your project coordinator.

ulex

www.ulexproject.org